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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

HOMINY.

A MERICANS! Have we forgotten some of the best foods we once knew? Are you using hominy? Why not follow the example of our forefathers and use much of this good corn product? The first settlers of America learned from the Indians how to prepare the Indian corn for use. They removed the hulls from the dry grain by pounding it in a mortar with a pestle. The cracked corn they called by the Indian name "hominy." Hominy became one of their staple foods without which they would often have gone hungry. They cooked it in huge iron kettles hung over the blazing logs in the open fireplace.

They also learned to remove the germ and hull from the corn by boiling the grain with lye and then washing thoroughly. They sometimes called this product "hulled corn" but it is now more often called "lye hominy."

There are several kinds of hominy on the market. If you do not know how good they are, try them and find out.

KINDS OF HOMINY.

The coarse hominy, samp, or pearl hominy.—This is much like the hominy the pioneers used. The grain is split to remove the germ, hulled and polished by machinery. It is much used, particularly in the Central and Eastern States. It is worth using everywhere.

The fine hominy or hominy grits.—This is made by grinding the coarse hominy. Grits are excellent served as a vegetable much as rice is used. Grits are also used in many parts of the country as a breakfast food.



Lye hominy.—Lye hominy is made at home by many and also made commercially by boiling the grain in lye or potash until the germ will come out and then washing out the lye. In many places it may be bought in bulk, and is also sold canned. It may be dried for future use or canned at home.

All varieties of hominy are good nourishing food. Like wheat, rice, and other cereals they give both body fuel and body-building material at a comparatively low price. Let them have a larger place in your diet.

HOMINY DISHES.

Try the dishes for which recipes are given below.

HOMINY GRITS.

BOILED HOMINY GRITS.

Equally good as a breakfast cereal or as a vegetable.

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| 1 cup hominy grits. | 2 teaspoons salt. |
| 5 cups water. | |

Add the grits slowly to the salted boiling water. Boil 10 minutes over fire, then place in the fireless cooker and allow to remain overnight, or cook for one hour in a double boiler.

The grits may be poured while warm into a dish or molds and served cold with fruit or preserves for a simple dessert, or it may be poured into deep pans and the cold mush sliced and fried.

HOMINY BREADS.

Hominy grits can save flour in bread making. Try these quick breads using hominy grits.

HOMINY MUFFINS.

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| 1 cup cold boiled hominy grits. | 1¼ cups corn flour. |
| 1 cup sweet milk. | 2 teaspoons baking powder. |
| 1 egg. | ½ teaspoon salt. |
| 1 tablespoon melted fat. | |

Beat milk and egg into the hominy grits, add melted fat and dry ingredients. Mix well and bake in well-greased muffin pans for 30 minutes. Makes 12 muffins.

CORN MEAL AND HOMINY BREAD.

Try this variation of corn bread.

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| 1 cup corn meal. | 1 tablespoon melted fat. |
| 1 cup boiled hominy grits. | 1 teaspoon baking powder. |
| 1 cup milk. | ½ teaspoon salt. |
| 1 egg. | |

Beat milk and egg into the hominy grits, add melted fat and dry ingredients and mix well.

This batter may be baked in a greased pan and served with a spoon from the dish in which it is baked as a spoon bread, or it may be cooked on a griddle and served as griddle cakes.

HOMINY DATE PUDDING.

You can use hominy grits to make a delicious and nutritious pudding.

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| 1 cup hominy grits. | $\frac{1}{4}$ cup corn sirup, or |
| 5 cups milk (skim or whole). | $\frac{1}{8}$ cup sugar. |
| 1 teaspoon salt. | 1 cup chopped seeded dates. |
| 1 teaspoon vanilla. | |

Add the salt and hominy grits to the milk and cook in a double boiler one hour. Add sweetening, dates, and vanilla and mix well. Partially cool before serving.

FRUIT SCALLOP.

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| $1\frac{1}{2}$ cups cooked hominy grits. | 1 tablespoon sugar. |
| 1 cup stewed apricots. | $\frac{1}{2}$ tablespoon butter. |
| $\frac{1}{2}$ cup apricot juice. | |

Into a greased baking dish place first a layer of the hominy grits which have been mixed with the fruit juice, then a layer of the stewed fruit. Repeat until dish is nearly full. Dot over with the butter and sprinkle with 1 tablespoon of sugar mixed with cinnamon. Bake until brown. Serve hot or cold with sauce or top milk.

Dried or canned fruit can be used. Corn sirup can be used to sweeten the fruit.

COARSE HOMINY OR SAMP.

This kind of hominy requires much longer cooking than the grits. If you have a fireless cooker, use it to cook your hominy, or if you use a coal range, cook it in a double boiler on the back of the stove. It is wise to cook a large quantity at once, as it keeps well if kept in a cool place.

To cook in a fireless cooker: Soak 1 cup coarse hominy in 2 cups water for 6 hours or overnight. Add 6 cups boiling water and 3 teaspoons salt to the soaked hominy and boil over the fire for 45 minutes. Put in the cooker and let it remain there for 8 to 12 hours. To cook it soft it may be necessary to reheat the hominy and put it back in the cooker the second time.

If cooked in a double boiler more water may be needed, or a cup of milk stirred in about 15 minutes before removing from the fire.

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Boiled hominy may be used in a great many ways.

Serve it with milk for a breakfast cereal.

Serve it plain as a vegetable in place of potatoes or rice, or brown it in a little fat.

Either the pearl or the lye hominy cooked until soft may be used for the next two recipes, which will serve as the main dish of a meal.

HOMINY TURNOVER.

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| 1 pint cooked pearl hominy. | 1 teaspoon salt. |
| 1 cup milk. | 2 well-beaten eggs. |

Mix all together. Turn this into a frying pan in which a tablespoon of fat has been melted. Stir until hot throughout. Let it cook until golden brown on the bottom, then fold like an omelet and serve on a hot platter.

SCALLOPED HOMINY.

Arrange alternate layers of boiled coarse hominy and minced meat or fish or grated cheese. Pour over all a cup of white sauce and bake for 30 minutes.

HOMINY AND BEAN CAKES.

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| 1 cup boiled coarse hominy. | 1 teaspoon salt. |
| 1 cup cooked red kidney beans. | $\frac{1}{2}$ cup milk. |
| $\frac{1}{2}$ teaspoon cayenne pepper. | 1 tablespoon fat. |
| $\frac{1}{2}$ tablespoon corn starch. | |

Make a white sauce from the last five ingredients by melting fat, blending with corn starch, salt, and pepper, adding the milk and cooking until thickened. Grind the hominy and beans through a food chopper, mix with the white sauce, form into cakes and brown in a little fat. Such cakes can take the place of meat.

USE MORE HOMINY.
IT IS A REAL AMERICAN FOOD.

